

Stress Busters

Helpful Hints from the



This year will be a year of “firsts” as you establish yourself personally, financially, and professionally. Learning to cope with the stress that accompanies these changes is critical to your success.

Budget your time as you do your money. Create a daily schedule that increases your productivity and maximizes learning opportunities for students. Keep it flexible and friendly.

Don't Procrastinate. Having something “hanging over your head” can cause more tension than the project is worth.

Schedule a time for you. A refreshing walk, good book, or creative hobby will give you a chance to revive and recharge.

Leave your teaching at school. If you must lug home some schoolwork, get it done early in the evening. Better yet, do it at school and leave it there.

Get plenty of sleep. Go to bed early if you are tired. Don't lie awake worrying about how you should have handled a situation in class.

Find a friend to be a trusted listener. Talking a problem out won't make it go away, but it can relieve the tension.

Observe good eating habits. Watch your vitamin and mineral supplements. Drink plenty of water. Eat wholesome foods so that your body takes in a sufficient amount of calcium, potassium, iron, vitamins B & C, and protein. When in stress, the body calls on these nutrients for energy.

Rid yourself of worry. One study has shown that 40% of the items people worry about never happen, 35% can be changed, 15% turn out better than expected, 8% involve needless concern and only 2% deserve attention.